

NEW RECOMMENDED EXPOSURE STANDARDS TO PROTECT YOU FROM HARMFUL ELECTROMAGNETIC FIELDS AND RADIOFREQUENCY RADIATION

By Bob Stevenson

Do you or anyone else in your family live in an urban or suburban area? If you can answer “yes” to this question, most likely you and others in your family are being exposed daily to harmful-to-health levels of electromagnetic fields (EMFs) and radiofrequency radiation (RFR).

Your Exposure

EMFs and RFR emanate from cell-phone towers, cell phones, computers, tablet-like electronic devices (ebooks, etc.), smart meters, fluorescent lights, wifi transmitting devices, power lines, and TVs, to name just part of a long list of such sources; and no doubt most of these sources of EMFs and RFR are quite common in the community in which you live.

Now, it is important to understand that exposure to EMFs and RFR does not lengthen your life span. Just the opposite occurs: exposure to EMFs and RFR shortens your life span—often significantly so. For example, Dr. Neil Cherry of New Zealand, in his outstanding paper entitled “Evidence that EMF/EMR Causes Leukemia/Lymphoma in Adults and Children,” points out that over the last 100 years, as the World has become more and more electrified, the leukemia rate for two-to-three-year-old children has increased by over 1,000%! But, the news is no better for adults, for Dr. Cherry adds that “all other age group leukemia rates have risen in parallel, along with other cancers and many other health effects.” And what has led to this explosion of leukemia and cancer in children and adults in the Developed World? Dr. Cherry answers this question, stating that exposure to “electromagnetic fields is [responsible for] at least 50% of the cancer rise.”

Clearly, in order to minimize one’s risk of experiencing a significantly shortened life span, one needs to eliminate or greatly reduce one’s exposure to EMFs and RFR. But how? One health-protective action a person can take is not use, or only use in a very safe manner, devices that emit harmful levels of EMFs. For example, you can use a corded phone instead of a cell phone (corded phones emit no EMFs). Or, if you choose to use a cell phone, never press the phone against your skull while in use; instead, use it on speakerphone mode, holding it away from your head and body. Similar safety-use procedures can be followed for operating other EMF-emitting devices.

However, taking these above precautions, advisable as they are, do not come close to solving the entire EMFs/RFR exposure problem, because what do you do if: (1) a cell-phone tower is located near your residence, your place or work, or the school someone in your family attends; (2) fluorescent lights, computers, and/or wifi are used where you work or in the classroom of the school your child attends; (3) your local utility company replaces the electric meter at your residence with a smart meter (which transmits RFR continuously every few seconds, and often has a range of over two miles)? Obviously, you are faced

with some very difficult choices if the above circumstances exist. You can pull your child out of his or her current school, but what other school does not also have fluorescent lights, computers, and wifi? You can quit your job, but what other job does not expose you to EMFs and RFR as well? And finally, to get away from the smart meter and nearby cell-phone tower, you can leave your residence and move, but wherever you move, will it really be any safer there?

In short, seemingly everywhere one turns nowadays one is involuntarily subjected to electromagnetic fields and radiofrequency radiation, and the problem has gotten so bad that Dr. Cherry contends that a traditional scientific experiment investigating humans’ exposure to EMFs can no longer be conducted. In such an experiment the control group would normally consist of people who had never been exposed to EMFs; but as Dr. Cherry points out, “the obvious but barely recognized fact is that there are no unexposed groups available.” As a result, scientific studies involving humans have been comparing one group that has been exposed to some EMFs with another group that has been exposed to even more EMFs. This, Dr. Cherry notes, has led to gross underestimates of the risks for adverse health effects caused by people’s exposure to EMFs. Adjusting for what he calls the No-Exposure Risk Factor effect, Dr. Cherry indicates that the risks for incurring cancer and other serious health problems caused by exposure to EMFs may be **four times greater** than what the already grim results contained in EMF-related scientific papers are showing.

While it may appear that there is no comprehensive solution to the EMFs/RFR exposure problem facing those of us living in the Developed World, there is, in fact, one.

The Seletun Statement

On February 3, 2011, the International Electromagnetic Fields Alliance (IEMFA) issued a scientific consensus statement, called the Seletun Statement, concerning the harm caused to human health from exposure to EMFs and RFR. In this statement, drafted by the Seletun Scientific Panel (composed of several leading, international scientists specializing in EMFs/RFR research), the following important point is made:

“It has become obvious that new, biologically-based public exposure standards are urgently needed to protect long-term public health worldwide. Current public-safety EMF-exposure guidelines used worldwide, based on physics models and calculations, currently only protect for damage generated by a heating effect. With respect to prolonged low-intensity exposures that nowadays frequently occur, but do not have a heating effect, the current guidelines are inadequate.”

In addition, the Seletun Scientific Panel found with respect to exposure to EMFs and RFR that:

- (1) People worldwide are insufficiently protected from such exposure, and therefore are currently at risk.
- (2) Sensitive populations (such as immune-compromised persons) are extra vulnerable.
- (3) Government actions to significantly reduce people's exposure to EMFs/RFR emissions are urgently warranted now, based upon serious disruption to biological systems.
- (4) The Burden of Proof for the safety of electromagnetic and radiofrequency radiation-emitting technologies should fall on Producers and Providers – not Consumers.
- (5) EMF exposures should be reduced in advance of a complete understanding of mechanisms of action.
- (6) Pre-market health testing and safety demonstration are needed for all radiation-emitting technologies.
- (7) Persons with Electrohypersensitivity need the classification: Functionally impaired.

Recommended Exposure Standards

Based upon the results of thousands of scientific studies that have documented the many harmful impacts exposure to EMFs and RFR have on human health, the Seletun Scientific Panel issued the following Recommended Exposure Standards:

- (1) Maximum Average 24-hour EMFs Exposure Limit: 1 mG (milliGauss) for residences, schools, offices, and hospitals.
- (2) Whole Body RFR Exposure Limit: 0.017 microwatts per centimeter squared.

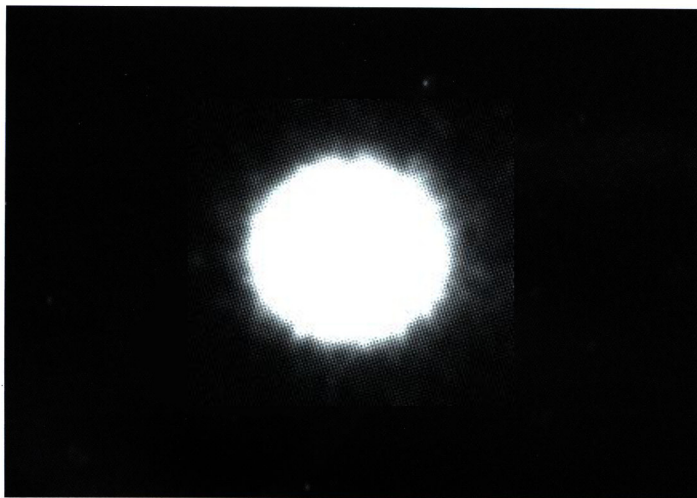
Evidencing how incredibly negligent governments worldwide have been over the years vis-à-vis protecting the health of their citizens, the new EMFs exposure limit happens to be **1,000-10,000 times lower** than the current obsolete exposure standards originally set by ICNIRP (International Commission on Non-Ionizing Radiation Protection) and IEEE (Institute of Electrical and Electronics Engineers). Meanwhile, not to be outdone, the new RFR exposure limit is **50,000-60,000 times lower** than the

ICNIRP/FCC (Federal Communications Commission) standards. As for why these particular EMFs/RFR exposure limits were chosen, the Seletun Scientific Panel explains that these limits “start right at the level where hazardous effects are found.” Most interestingly, as low as these new biologically-based EMFs and RFR exposure limits appear to be, the Seletun Statement scientists point out that they “are still a billion times higher than natural EMF levels at which all life evolved.”

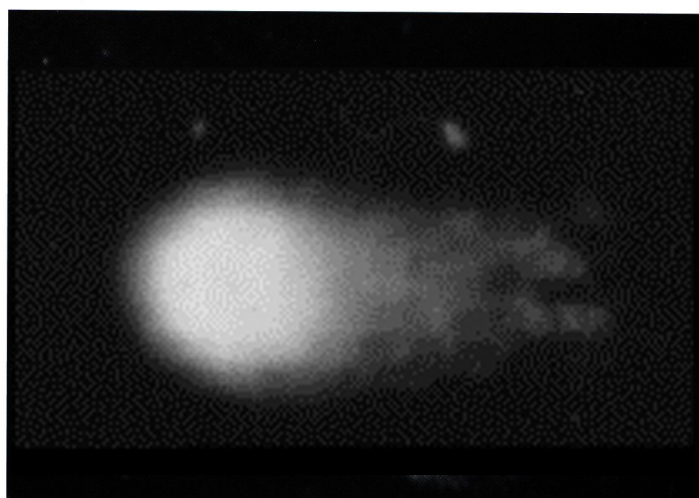
Action to Take

- (1) If possible, obtain a Gauss meter (this costs less than US\$30 from sellers on the Internet). With the Gauss meter, test the EMFs level of your own residence, your place of work, and your child's school classroom. Since electromagnetic fields are invisible to the eye (but not to your body's cells and DNA), you need to “see” them in order to avoid them and/or minimize your exposure to them; the Gauss meter provides you such “sight.” A RF meter will do the same for RFR, making it now “visible” to you.
- (2) Visit the IEMFA website to view the complete Seletun Statement, along with an 18-minute-long video by Dr. Olle Johansson of the Karolinska Institute, Chair of the Seletun Scientific Panel, announcing the Seletun Statement and its findings.
- (3) Whether or not you wish to learn firsthand what your own EMFs/RFR exposure situation is, contact your Congressman and US Senator. Urge these elected representatives to introduce or support legislation that will put into place the Seletun Scientific Panel's New Recommended EMFs/RFR Exposure Standards. Enactment of this legislation and the other recommendations contained in the Seletun Statement is the only comprehensive solution to the problem of people's life span being significantly shortened by exposure to EMFs and RFR. With your help, this solution can become reality. 

Bob Stevenson is an NHF Life Member, author of six books, and is active in the creation of legislation, such as “The Children's Wireless Protection Act,” that will help protect the public from exposure to harmful levels of EMF's and RFR.



Control



Microwaves

Above picture of damaged DNA, courtesy of Dr. Henry Lai, shows DNA via the COMET ASSAY after exposure to 2450 Mhz of cell-phone radiation. Picture on the right is after cell-phone radiation exposure, showing a “comet tail,” which is the disintegration of the DNA showing fragmented DNA forming a “comet tail.”